STEAMER EXPRESS™

Steamer Recipe Card

Recommended Steaming Accessories:

To achieve optimum results the following accessories are recommended:

- 2 half size 4" Cambro® or other brand pans with lids
- 1 half size 6" Cambro® or other brand pan wiht lid
- Drain shelves for seafood applications
- Microwave safe plastic baggies for individual serving portions.

Cook times on this card are only approximations. Do not add additional time without first opening the door and inspecting food. Food temperature should be measured to verify thorough steaming. Factors that affect the steam time of foods are:

- Starting temperature
- Portion size
- Food shape
- Container used
- Food volume
- Fat or sugar content

Applesauce

Use 3 lb. of baking apples: peeled, cored and sliced. Add 1/2 to 3/4 cup sugar, 1/3 to 1/2 cup water and cinnamon to taste. Microwave at 100% until apples are tender. Mash or puree until sauce is desired consistency.

Batch Portion	Food Start Temperature	Microwave Power	Steam Time ASE 7000	Steam Time ASE 9000
4 c.	Room	100%	3:00	2:30

Custard

Based on custard prepared from 4 eggs, 1/3 cup sugar, 1/2 teaspoon vanilla, and 2 cups milk. Mix eggs, sugar, vanilla and pinch of salt together andset aside. Steam milk for approximately 1 1/2 minutes or until scalded. Blend into egg mixture. Divide evenly into 6-ounce custard cups. Arrange cups in circle in oven and steam for approximately 3 to 4 minutes or until the custard is soft set. Serve warm or chilled.

Batch Portion	Food Start Temperature	Microwave Power	Steam Time ASE 7000	Steam Time ASE 9000
6 servings	Room	100%	5:00	4:30

Peach Cobbler

Batch Portion	Food Start Temperature	Microwave Power	Steam Time ASE 7000	Steam Time ASE 9000
6 oz.	Refrigerated	100%	:15	:14

Steamed Fruit with Custard Sauce

Use any sliced fresh fruit. Steam for time indicated and drizzle with yogurt or custard sauce.

Batch Portion	Food Start Temperature	Microwave Power	Steam Time ASE 7000	Steam Time ASE 9000
1 serving	Room	100%	:45	:30

Broccoli, fresh

For best results, add 1/4 cup of water.

Batch Portion	Food Start Temperature	Microwave Power	Steam Time ASE 7000	Steam Time ASE 9000
2 lb.	Room	100%	2:30	2:15

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Crab Legs, frozen pre-cooked

For best results, add 1/4 cup water and use a drain tray.

Batch Portion	Food Start Temperature	Microwave Power	Steam Time ASE 7000	Steam Time ASE 9000
1 lb.	Frozen	70%	3:30	3:10

Lobster, frozen pre-cooked

For best results, add 1/4 cup water and use a drain tray. Lay tail down before cooking.

Batch Portion	Food Start Temperature	Microwave Power	Steam Time ASE 7000	Steam Time ASE 9000
1 1/4 lb.	Frozen	100%	3:10	2:50

Pierogies

For best results, add 1 cup of water and use a drain tray.

Batch Portion	Food Start Temperature	Microwave Power	Steam Time ASE 7000	Steam Time ASE 9000
6 (1.5 oz each)	Refrigerated	100%	1:00	:45

Rainbow Trout, fresh

Place 1 pat of butter and wrap with plastic wrap. Punch approximately 15 to 20 holes in the plastic wrap prior to steaming.

Batch Portion	Food Start Temperature	Microwave Power	Steam Time ASE 7000	Steam Time ASE 9000
1 each	Refrigerated	100%	:45	:30

Shrimp, frozen 40 count

For best results, add 1/4 cup of water and use a drain tray.

Batch Portion	Food Start Temperature	Microwave Power	Steam Time ASE 7000	Steam Time ASE 9000
8 oz.	Frozen	100%	2:10	1:50

Asparagus, fresh

For best results add 1/4 cup of water.

Batch Portion	Food Start Temperature	Microwave Power	Steam Time ASE 7000	Steam Time ASE 9000
6 lb.	Room	100%	4:30	4:00

Baby Carrots, fresh

Add 1/3 cup of water. Steam for 5 minutes. Stir center. Steam for approximately 5 more minutes. Check carrots. Steam additional time if necessary.

Batch Portion	Food Start Temperature	Microwave Power	Steam Time ASE 7000	Steam Time ASE 9000
5 lb.	Room	100%	10:00 - 11:00	8:00 - 11:00

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